5 I Claim:

- 1. A sunglass lens, comprising:
 - a dielectric mirror for reducing glare and overall light transmission;
 - a first layer ophthalmic plastic;
 - a second layer ophthalmic plastic;
- a polarizing layer encapsulated between said first and second plastic layers;
 - whereby said layers are arranged to provide a balanced light transmission profile in which substantially 100% of UV-A & B light is absorbed to at least 400nm.
- The sunglass lens according to claim 1, wherein said first and second ophthalmic plastic
 layers are colorized with one from among the group of high-contrast blue-blocking amber-tint
 and color discriminating grey tint.
 - 3. The sunglass lens according to claim 2, wherein said first and second layers are CR-39 plastic.
- 4. The sunglass lens according to claim 3, wherein said first and second layers are polycarbonate.
 - 5. The sunglass lens according to claim 1, wherein said dielectric mirror further comprises a multi-layered dielectric mirror.

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- 5 6. The sunglass lens according to claim 5, wherein said multi-layered dielectric mirror further comprises at least six thin film layers vacuum deposited atop said first layer of plastic for further reducing light transmission and glare.
 - 7. The sunglass lens according to claim 2, wherein said polarizing filter layer is molecularly bonded between said first and second ophthalmic plastic layers to avoid haze and delamination.
 - 8. The sunglass lens according to claim 1, wherein said first and second ophthalmic plastic layers are colorized with a color discriminating grey tint, and the average blue light transmission of said lens is less than 7%.

9. The sunglass lens according to claim 1, wherein said first and second ophthalmic plastic layers are colorized with a high-contrast blue-blocking amber-tint, and the average blue light transmission of said lens is less than 0.4%.

- 20 10. A sunglass lens, comprising:
 - a first layer hydrophobic overcoat for protection from seawater and smudging;
 - a second layer dielectric mirror for further reducing light transmission and glare;
 - a third layer blue-blocking amber-tinted ophthalmic plastic material;
 - a fourth polarizing layer;
 - a fifth layer blue-blocking amber-tinted ophthalmic plastic material;

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whereby said layers are arranged to provide a balanced light transmission profile optimum for use on the water in which substantially 100% of UV-A & B light is absorbed and with at least 99% absorption of blue light at up to 490 nm.

- 11. The sunglass lens according to claim 10, wherein said dielectric mirror further comprises a multi-layered dielectric mirror.
- 12. The sunglass lens according to claim 11, wherein said multi-layered dielectric mirror further comprises at least six thin film layers vacuum deposited atop said first layer of ophthalmic plastic for further reducing light transmission and glare.
- 13. The sunglass lens according to claim 12, wherein said polarizing filter layer is molecularly bonded between said first and second ophthalmic plastic layers to avoid haze and delamination.
- 14. The sunglass lens according to claim 13, wherein said said first and second ophthalmic plastic layers are CR-39 plastic.
- 15. The sunglass lens according to claim 14, wherein said first and second ophthalmic layers are polycarbonate.
- 16. The sunglass lens according to claim 14, wherein said first and second ophthalmic plastic

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- layers are colorized with a high-contrast blue-blocking amber-tint, and the average blue light transmission of said lens is less than 0.4%.
 - 17. A sunglass lens, comprising:
 - a first layer hydrophobic overcoat for protection from seawater and smudging;
 - a second layer dielectric mirror for further reducing light transmission and enhancing UV obstruction;
 - a third layer color-discriminating grey-tinted ophthalmic CR-39 plastic;
 - a fourth polarizing layer;
 - a fifth layer color-discriminating grey-tinted ophthalmic CR-39 plastic;
 - whereby said layers are arranged to provide a balanced light transmission profile optimum for use on the water in which substantially 100% of UV-A & B light is absorbed and with at least 99% absorption of blue light at up to 410 nm.
 - 18. The sunglass lens according to claim 17, wherein said first and second layers are CR-39 plastic.
 - 19. The sunglass lens according to claim 17, wherein said first and second layers are polycarbonate.
- 20. The sunglass lens according to claim 17, wherein said dielectric mirror further comprises a multi-layered dielectric mirror.

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- 21. The sunglass lens according to claim 20, wherein said multi-layered dielectric mirror further comprises at least six thin film layers vacuum deposited atop said first layer for further reducing light transmission and glare.
- The sunglass lens according to claim 21, wherein said polarizing filter layer is molecularly bonded between said first and second CR-39 lenses to avoid haze and delamination.
 - 23. The sunglass lens according to claim 20, wherein said first and second ophthalmic plastic layers are colorized with a color discriminating grey tint, and the average blue light transmission of said lens is less than 7%.
 - 24. A sunglass lens comprising a rugate filter formed as a transparent coating with an incrementally varying refractive index profile along its width arranged to provide a balanced light transmission profile in which substantially 100% of UV-A & B light is absorbed to at least 400nm.
 - 25. The sunglass lens according to claim 24, wherein said rugate filter is encapsulated between a first lens layer and a second lens layer.
- 26. The sunglass lens according to claim 25, wherein said first lens layer and second lens layer are ophthalmic plastic.

- The sunglass lens according to claim 25, wherein said first lens layer and second lens layers are glass.
 - 28. The sunglass lens according to claim 25, further comprising a dielectric mirror for reducing glare and overall light transmission.
 - 29. The sunglass lens according to claim 26, wherein said first and second ophthalmic plastic layers are colorized with one from among the group of high-contrast blue-blocking amber-tint and color discriminating grey tint.
- 30. The sunglass lens according to claim 26, wherein said first and second layers are CR-39 plastic.
 - 31. The sunglass lens according to claim 26, wherein said first and second layers are polycarbonate.
 - 32. The sunglass lens according to claim 28, wherein said dielectric mirror further comprises a multi-layered dielectric mirror.
- 33. The sunglass lens according to claim 32, wherein said multi-layered dielectric mirror further comprises at least six thin film layers vacuum deposited atop said first layer of plastic for further reducing light transmission and glare.

- The sunglass lens according to claim 29, wherein said first and second ophthalmic plastic layers are colorized with a color discriminating grey tint, and the average blue light transmission of said lens is less than 7%.
 - 35. The sunglass lens according to claim 29, wherein said first and second ophthalmic plastic layers are colorized with a high-contrast blue-blocking amber-tint, and the average blue light transmission of said lens is less than 0.4%.
 - 36. A sunglass lens comprising rugate filter means for selectively filtering wavelengths of light to preserve macular integrity.

37. A sunglass lens, comprising:

a rugate filter formed as a transparent coating with an incrementally varying refractive index profile along its width;

a polarizing layer;

said rugate filter and polarizing layer being encapsulated between first and second plastic layers;

whereby said polarizing layer, rugate filter, and first and second plastic layers are arranged to provide a balanced light transmission profile in which substantially 100% of UV-A & B light is absorbed to at least 400nm.

38. The sunglass lens according to claim 37, wherein said first lens layer and second lens

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- 5 layer are ophthalmic plastic.
 - 39. The sunglass lens according to claim 39, further comprising a dielectric mirror for reducing glare and overall light transmission.
- 10 40. The sunglass lens according to claim 38, wherein said first and second ophthalmic plastic layers are colorized with one from among the group of high-contrast blue-blocking amber-tint and color discriminating grey tint.